

KB1

KB1

The Kitchen Bitch - 1st Edition
2007

Final Version

Revision 2

Revision 1 has been out for a while, no major changes.

If you still see some shite off, let me know, so I can make revisions.

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Developed using Corel WordPerfect and PDF995.



Table of Contents

Table of Contents:

Introduction	4
Breakfast	
Suzie Brooks's Granola	6
Oatmeal (Quick Oatmeal / Roasted Oatmeal)	7
Classic Potato Latkes	8
Salads & Sides	
Greek Salad	10
Chinese Salad	11
Caesar Salad	12
Garlic Bread	13
Soups	
Autumn Soup	15
Fish Soup	16
Ham and Lentil Soup	17
Potato – Leek Soup	18
Roasted Garlic Soup	19
Vegan Hot and Sour Soup	20
Scratch	
Flour Tortillas	22
Hummus	23
Dinner	
Chili Con Carne	25
Exotic Ginger Cumin Chicken	26
Fajitas	27
Sauteed Kale	28
Smoked Salmon Quiche	29
Vegetarian Wontons	30

Continued on next page . . .

Table of Contents

Table of Contents (con't):

Dinner on Pasta	
Chicken Cacciatore	32
Creamy Bacon Carbonara	33
Egyptian Lentils	34
Fettuccine Alfredo	35
Penne Diana	36
Penne Pasta with Spinach & Bacon	37
Presto! Pesto and Chicken	38
Sausage and Ravioli	39
Speedy Spaghetti with Meat Sauce	40
Tofu and Cashew Chow Mein	41
Tuna Casserole	42
Veggie Lasagna	43
Dinner on Rice	
Baked Chicken with Curry Sauce	45
Beef & Broccoli	46
Chicken Fried Rice	47
Curried Lentils	48
Easy Chicken & Rice Casserole	49
Egyptian Lentils	34
Red Lentil Dahl	50
Spinach-Rice Casserole	51
Sushi	52
Sweet Garlic Tofu	53
Dessert	
Ice Cream Cake	55
Lefse	56
Light Biscuit Shortcake	57
Inventory	58

Introduction

Welcome to the KB1!

In case you don't know already, KB1 stands for "The Kitchen Bitch, 1st Edition"

This project started as an idea from Laing House, to collect and manage recipes from Community Kitchens, Peer Support Networks, Lunch @ Laing's, et cetera. Because I will soon be graduating from the house, and would like to continue to have control of the project, Laing House will not be a contributor of this (with the exception of some Laing House members).

This book is freely distributed over the internet. For those interested in a print version, I have received an estimate from Staples to print and bind for a little over nine bucks (\$9.07 + HST). So if you paid more than \$12 for this somewhere, then you got screwed. If you wish to distribute this for sale, you can contact me at united.laing.members@gmail.com to discuss terms. Also, if you are in a donating mood you can do this via my PayPal or to the Laing House website:

united.laing.members@gmail.com (PayPal)

<http://www.lainghouse.org/donations.asp>

(Although donations to Laing won't help this project, I feel it is still a good donation)

So what's the deal with the info in the top right corner you may ask? Trying to determine the complexity of a recipe, each recipe has a rating between 1 to 5 on how uncommon the ingredients are ("C ■■■□□□ U" would represent a 2 of 5). What is also listed is the appliances needed to complete the recipe. This hopefully will make it easier to browse through looking for the "right" recipe.

Another thing list for most every recipe is "Alterations", giving you what ingredients and/or methods have been substituted. Of course, if you have your own changes, there is a "Notes" section for you to pencil those in as well.

One final feature of this document is the section in the back (Inventory), which should be most helpful in finding recipes with what you may already have at your disposal.

So kick back and enjoy, who knows, maybe this time next year there will be a larger group working on the KB2!

Joel Maxuel.

The most important meal of the day, this section gives you the energy for the day, and may use these other than just breakfast. So without further ado, behold:

Breakfast

Suzie Brooks's Granola

C ■■■□□ U
Oven

Making your own granola ensures that you have a breakfast cereal just the way you like it. You can use ingredients you trust and it's more economical than buying granola at the store. Featured in Laing House Community Kitchen June 3, 2006. (modified from Suzie Restino's and Sam Brooks's Granola)

Ingredients:

- 8 cups rolled oats
- 1 cup raw sunflower seeds
- 1 cup chopped nuts (any mix of walnuts, almonds, filberts, pecans, cashews)
- ½ - 1 cup shredded unsweetened coconut
- ½ cup raw sesame seeds (optional)
- ½ cup raw pumpkin seeds (optional)
- ¼ cup safflower oil
- ¾ cup maple syrup or honey (or more to taste)
- 1-2 cups dried fruit (raisins, chopped apricots, prunes, currants)

Directions:

1. In a large bowl, combine and mix the oats, seeds, nuts, and coconut
2. Mix in a measuring cup the oil and maple syrup/honey
3. Pour the liquid into the oat mixture and mix with a spoon or your hands (if you like that sort of thing). Spoon the mixture onto cookie sheets and bake at 350 F. Stir it every 10 minutes (or earlier depending on your oven) until it begins to brown. Remove and cool, then the dried fruit
4. Once it's completely cool, store in a sealed container in a cool place.
5. Serve as cereal, in a bowl with milk or yoghurt, or eat as a snack out of your hand.

Alterations:

None

Notes:

Oatmeal

Oatmeal should be firm, not soupy. If you are cooking it quickly, for less than ½ hour, use less water than if cooking for a long time. For breakfast, always have something else with oatmeal; milk is easy, but it could be eggs, or cheese, or meat, or even tamari soy sauce and roasted sunflower seeds; any of those will bring the level of protein in 1 cup of oatmeal up from 9 grams to 12 grams, as well as adding flavour to it.

Quick Oatmeal

Ingredients:

3 cups water
¼ tsp salt
1 ½ cups small-flake, rolled oats

Directions:

1. Bring water and salt to boil
2. Add oats
3. Reduce to low heat, cover and cook 10 minutes

Roasted Oatmeal

Ingredients:

2 cups rolled oats
3½ cups water

Directions:

1. In a heavy iron skillet under good steady heat add oats
2. Roast, stirring constantly for about 5 minutes, until oats begin to smell nutty
3. Add water, steam 10 minutes
4. Serve with tamari soy sauce, gomasio, roasted sunflower seeds, and/or butter.

Notes:

Classic Potato Latkes

C ■■■□□ U
Stove

Source Better Homes and Gardens, PSN Holiday Meal (Chanukah)
Makes about 10 latkes.

Ingredients:

- 4 medium potatoes (about 1 ½ pounds)
- 3 Tbsp rendered chicken fat (schmaltz)
- 2 slightly beaten eggs
- 2 cloves garlic, finely minced
- ½ tsp salt
- 2 Tbsp cooking oil
- Sour cream (optional)
- Applesauce (optional)

Directions:

1. Peel and finely shred potatoes. In a mixing bowl combine potatoes with chicken fat, eggs, garlic, and salt. Using 1/3 cup mixture for each latke, press mixture into patties about the size of the palm of your hand, squeezing out excess liquid.
2. In a large skillet heat chicken fat over medium-high heat. Carefully slide patties into hot fat
3. Cook over medium-high heat about 2 minutes or until latkes are golden brown, turning once
4. Repeat with remaining batter. Add additional fat during cooking, as needed. If necessary, reduce heat to medium to prevent over browning. Drain on paper towels and keep warm. Serve with sour cream or other toppings, if desired.

Alterations:

None

Notes:

So, you can't win friends with salad? I beg to differ.
The following dishes can be used as an appetizer, or even a sidekick.
So here we go:

Salads and Sides

Greek Salad

Yields 4-6 servings

Ingredients:

Salad:

- 2 cups assorted lettuce, chopped or torn
- 4 tomatoes, wedged or sliced
- 1 cucumber, seeded and sliced
- 1 bell pepper, seeded and sliced
- 1 small onion, sliced
- ½ cup pitted black olives (preferably brine-cured), coarsely chopped
- ¾ cup crumbled feta cheese

Dressing:

- 6 Tbsp olive oil
- 1 tsp red wine vinegar
- ½ tsp fresh chopped garlic
- ½ tsp oregano
- ½ tsp dill weed
- ¼ cup parsley, chopped
- Salt and freshly ground black pepper
- 2 Tbsp fresh lemon juice

Directions:

1. Combine the lettuce, tomatoes, cucumber, onion, bell pepper, olives in a bowl.
2. In the small bowl, whisk together oil, vinegar, herbs, spices, and the lemon juice.
3. Drizzle dressing over the salad.
4. Sprinkle cheese over and serve.

Alterations:

Instead of making your own dressing, you can use pre-made Greek or Italian dressings.

Notes:

Chinese Salad

Ingredients:

Salad:

- 1 head lettuce, shredded
- Bean sprouts
- 4 green onions, chopped
- Shredded carrots
- Sesame seeds
- 1 pkg. Mr. Noodles vegetable flavoured

Dressing:

- 3 Tbsp sugar
- 3 Tbsp vinegar
- ¼ cup Salad oil
- Sesame seeds
- Flavour packet from Mr. Noodles

Directions:

1. Combine salad ingredients in a bowl
2. Combine dressing in separate bowl
3. Mix in dressing well.

Alterations:

None

Notes:

Caesar Salad

Ingredients:

½ - ¾ cup grated Parmesan cheese
(¼ for the dressing, and ¼ - ½ for the salad itself)
¼ cup canola/olive oil
1/8 cup balsamic vinegar
2 Tbsp lemon juice
2 cloves garlic
½ tsp Worcestershire Sauce
¼ tsp ground black pepper (or to taste)
1/8 tsp ground (dry) mustard or hot mustard
8 cups chopped romaine lettuce
Croutons

Directions:

1. In a jar with a lid, mix or shake until creamy: cheese, canola oil, vinegar, lemon juice, garlic, Worcestershire sauce, ground black pepper, and mustard.
2. Tear off pieces of lettuce, clean thoroughly under cold water, shake excess water off, and rip into small, bite size pieces. Place in salad bowl.
3. Sprinkle lettuce with more parmesan cheese, and black pepper. Add croutons, dressing, and mix. Enjoy!!

Alterations:

None

Notes:

Garlic Bread

Ingredients:

1 loaf french baguette
½ cup margarine
2 cloves fresh garlic, chopped
dash salt
½ tsp basil
½ tsp oregano

Directions:

1. In a bowl, combine margarine, garlic, salt, basil, and oregano. Mix.
2. Slice baguette, and spread butter evenly.
3. Wrap in aluminum foil.
4. Bake in oven at 300 Fahrenheit for 15-20 minutes.

Alterations:

None

Notes:

What can I say? It's soup!
I bet someone else can write something better here, so I'll leave it as is until next year.
Turn the page for:

Soups

Autumn Soup

C ■■■□□ U

Blender
Oven

Ingredients:

1 Medium Squash
3 Potatoes
4 Carrots
1 Small Onion
1 Chicken bullion cube
1 cup Water
2 cups Milk
Salt & Pepper

Directions:

1. Peel and chop squash, potatoes, carrots, and onion, add to oven-safe pot
2. Add bullion and enough water to avoid burning (1 cup), place pot in oven (350F) to bake until veggies are soft
3. If there is too much stock, don't be scared to pour some down the drain
4. Puree (I use electric beaters) while adding the milk
5. Add the salt and pepper

Alterations:

You can cook the veggies on the stove instead of baking them, just pay more attention to avoid burning. You can also use pumpkin (instead of squash).

Notes:

Fish Soup

Ingredients:

4-5 Potatoes
1 Onion
2 Tbsp Olive oil
1 L (4 cups) Water
1 Tbsp Fish bouillon
1 sprig Thyme or basil
2 Garlic cloves, minced
8-10 Sun-dried tomatoes (if dry, prepare as indicated on packaging - if in oil, drain 1st)
2 Carrots
1 tsp Lemon juice
1 lb White fish (or ½ lb. white fish and ½ lb. shrimp, lobster and/or scallops)
Optional: broccoli, cauliflower, celery, chives, parsley

Directions:

1. Dice the potatoes and onion and lightly fry in the oil (use a deep saucepan or soup pot).
2. Add the water, fish bouillon, thyme, garlic and sliced sun-dried tomatoes, and cook for approximately 10 minutes.
3. Julienne the carrots and add to the soup.
4. If you are using broccoli or cauliflower, slice broccoli stalks and cut cauliflower into small florets and add with the carrots. Cook for approx. 5 minutes.
5. If using, julienne the celery and cut broccoli heads into florets and add.
6. Adjust the taste with salt and pepper and cook for another 3-4 minutes.
7. Cut the fish into strips. Add fish and shellfish (if using) and cook until done - approx 5-7 minutes, depending on size and thickness. (If you are using scallops, let them cook for a maximum of 2 minutes only, as they will become as tough as old chewing gum if overcooked.)
8. Add lemon juice. Pour into soup bowls and garnish with finely cut chives or small sprigs of parsley.

Alterations:

None.

Notes:

Ham and Lentil Soup

C ■■■□□□ U
Crock Pot

Ingredients:

2 cups Lentils
½ lb Ham, diced
1 Onion, chopped
1 Bay leaf
2 ribs Celery, chopped
1 clove Garlic, minced
Salt and Pepper, to taste

Directions:

1. Combine all ingredients with 2 quarts water in the Crock Pot.
2. Cook on low, covered, 8 to 10 hours.
3. Adjust seasonings and serve.

Alterations:

None

Notes:

Potato – Leek Soup

C ■■■□□ U
Stove
Blender

Ingredients:

3 Potatoes (fist-sized)
3 cups Leeks (cleaned, chopped)
1 stalk Celery (chopped)
1 large Carrot (chopped)
4 Tbsp Butter
 $\frac{3}{4}$ tsp salt
 $\frac{1}{2}$ cup Stock or Water
3 cups Milk
Snippets of fresh herbs - Thyme, Marjoram, Basil (optional)
Freshly ground black pepper

Directions:

1. Scrub the potatoes, and cut them into 1-inch chunks.
2. Place them in a saucepan with the leeks, celery, carrot and butter. Add salt.
3. Cook the vegetables, stirring over medium heat, until the butter is melted and all the particles are coated (5 minutes)
4. Add the stock or water, bring to a boil, then cover, and reduce heat to a simmer
5. Cook until the potatoes are soft (20-30 min). Check the moisture level occasionally
6. You may need to add a little extra stock or water, if it gets too low.
7. When the potatoes are tender, remove the pan from the heat, and puree its contents in the milk (use a blender, or a food processor fitted with the steel blade). Make sure the mixture is utterly smooth. Return it to the saucepan.
8. Add optional herbs (or not). Grind in some black pepper. Taste it to see if it wants more salt.
9. Heat the soup gently, covered until just hot. Try not to let it boil. Serve right away.

Alterations:

None

Notes:

Roasted Garlic Soup

C ■■■□□ U
Oven & Stove
Blender

Ingredients:

4 Bulbs of Garlic
¼ cup Olive Oil
6 Tbsp Butter
1 cup Leeks - chopped (diced ¼")
1 Medium Onion
6 Tbsp Flour (all purpose)
4 cups Chicken stock
1 cup Whipping cream
Juice from 1 Lemon
2 Tbsp Chives (cut)
Salt & White Pepper - to taste

Directions:

1. Chop 1/4 inch off top garlic - brush with Olive oil - bake 45-60 at 350F - remove from oven and cool - squeeze garlic from cooked cloves
2. Melt butter and add leek and onion about 8 minutes, add garlic and mix, then add flour. Cook 5 minutes and add hot chicken stock
3. Puree soup (can hold in fridge if not used right away)
4. When ready to dine heat soup and add cream. Then season the flavour to your taste

Alterations:

None

Notes:

Vegan Hot and Sour Soup

C ■■■■■ U
Stove

Ingredients:

1 oz Dried wood ear mushrooms
 4 dried Shiitake mushrooms
 12 dried Tiger lily buds
 2 cups Hot water
 1/3 oz bamboo fungus
 3 Tbsp soy sauce
 5 Tbsp rice vinegar
 1/4 cup Cornstarch
 1 (8 oz) Container firm tofu, cut into 1/4 inch strips
 1 quart Vegetable broth
 1/4 tsp crushed red pepper flakes
 1/2 tsp ground black pepper
 3/4 tsp ground white pepper
 1/2 Tbsp chili oil
 1/2 Tbsp sesame oil
 1 green Onion, sliced
 1 cup Chinese dried mushrooms

Directions:

1. In a small bowl, place wood mushrooms, shiitake mushrooms, and lily buds in 1 1/2 cups hot water. Soak 20 minutes, until rehydrated. Drain, reserving liquid. Trim stems from the mushrooms, and cut into thin strips. Cut the lily buds in half.
2. In a separate small bowl, soak bamboo fungus in 1/4 cup lightly salted hot water. Soak about 20 minutes, until rehydrated. Drain, and mince.
3. In a third small bowl, blend soy sauce, rice vinegar, and 1 tablespoon cornstarch. Place 1/2 the tofu strips into the mixture.
4. In a medium saucepan, mix the reserved mushroom and lily bud liquid with the vegetable broth. Bring to a boil, and stir in the wood mushrooms, shiitake mushrooms, and lily buds. Reduce heat, and simmer 3 to 5 minutes. Season with red pepper, black pepper, and white pepper.
5. In a small bowl, mix remaining cornstarch and remaining water. Stir into the broth mixture until thickened.
6. Mix soy sauce mixture and remaining tofu strips into the saucepan. Return to boil, and stir in the bamboo fungus, chili oil, and sesame oil. Garnish with green onion to serve.

Notes:

The curse of convenience food: It's costly, and you have little idea of what really goes into it. This section gives you the ability of avoiding another convenience product:

Scratch

Flour Tortillas

Makes 12 tortillas

Ingredients:

3 cups unbleached flour
2 tsp baking powder
1 tsp salt
4-6 Tbsp vegetable shortening or lard
About 1 ¼ cups warm water

Directions:

1. Mix dry ingredients in a large bowl.
2. Add vegetable shortening or lard. Or use a combination of half lard, half shortening. Use a fork or a pastry cutter to cut in the shortening or just do it the old fashioned way and use your hands.
3. Next add warm water a little at a time until your dough is soft and not sticky. You do not need very hot water.
4. Knead the dough for a few minutes.
5. Now you will pull off pieces of dough to form about 12 small dough balls. Let them rest for at least 10 minutes, longer if you like.
6. This is a good time to heat up the comal. You will want to set it at medium to high heat. If it is too hot the tortillas will cook too fast.
7. Now you can roll out the dough with your tortilla rolling pin or palote. It is a good idea to dust each ball with a little flour just before you roll them out. Lay the palote in the centre of the dough ball and roll up, centre and roll down. It is good to lift the dough and turn it. Again, rolling pin in the centre and roll. Roll them out fairly thin.
8. Lay your tortilla on the hot comal. It takes just a few seconds to cook. Flip to the other side. When they are done it should have lots of nice brown speckles. Place them in a towel. If you would like you can use a tortilla warmer to keep them warm longer. They are ready to be served!
9. It is well worth the effort to make homemade tortillas! Enjoy!

Alterations:

None

Notes:

Humus

C ■■■□□ U

Blender
Stove

Ingredients:

Chickpeas bottled in salt and water
Tahine
One lemon
Olive oil
Cumin
Salt (optional)
Clove of garlic (optional)

Directions:

1. Remove most of the water (leave about a half).
2. Drop contents on a pan.
3. Squeeze out the lemon.
4. Grind the chickpeas while stirring gently. You will obtain a brown paste.
5. Drop a cup of tahine and the lemon juice.
6. Drop salt if there wasn't enough in the bottle (optional).
7. Drop the clove of garlic (optional).
8. Keep grinding and stirring.
9. If too stiff pour a few drops of water and grind.
10. Serve with olive oil and cumin.

Alterations:

Peanut butter can be used instead of Tahine

Notes:

Sounds pretty generic right? Well, I have this split up into three sections.
This section here are meals that include neither pasta nor rice.
Nonetheless, there is still a lot of variety:

Dinner

Chili Con Carne

C ■■■□□□ U
Stove

Makes 4 servings

Ingredients:

- 1 lb (500g) Lean ground beef
- 1 Large onion, Chopped
- 1 Large green pepper, chopped
- 1 Clove garlic, finely chopped
- 1 Can (14oz/400mL) Kidney beans, drained
- 1 can (19oz/540mL) Tomatoes
- 1 can (10oz/284) Tomato soup
- 2/3 cup (150mL) Water
- 1 - 2 tsp (5-10mL) Chili powder
- ½ tsp (2mL) Oregano
- 1 tsp (5mL) salt

Directions:

1. Turn stove to medium heat. Cook and stir beef in medium saucepan until brown. Drain off fat.
2. Add onions, beans, soup, water, chili powder, garlic, tomatoes, oregano, green pepper and salt. Heat to boiling.
3. Turn heat to low. Simmer, uncovered, for 35-40 minutes. Stir chili several times while it cooks.

Alterations:

None

Notes:

Exotic Ginger Cumin Chicken

C ■■■□□ U
Stove

Makes 8 servings

Ingredients:

- 1 Tbsp Vegetable oil, divided
- 2 lbs Boneless skinless chicken, bite size
- 2 tsp Minced garlic
- ½ cup Onion, Chopped
- 1 Tbsp finely chopped ginger root
- ½ tsp Cayenne pepper
- 1 tsp Turmeric and Cumin
- ½ cup Chicken stock
- 1 (19oz) can Stewed tomatoes
- 2 Tbsp Tomato paste
- 1 tsp sugar
- ¾ cup Low fat plain yogurt

Directions:

1. In large saucepan heat 2 tsp oil over medium heat. Add half of the chicken and cook 3 minutes until brown. Remove from pan and set aside. Repeat with remaining chicken.
2. Add remaining oil to pan; add garlic, onion, and ginger. Reduce heat to medium and cook, stirring constantly for 5 minutes or until soft. Stir in cayenne, cumin, and turmeric; sauté for 1 minute.
3. Stir in stock, tomatoes, tomato paste, and sugar; return chicken to pan. Bring to boil; reduce heat and simmer 5 minutes.
4. Stir in yogurt and simmer 2 minutes.

Alterations:

None

Notes:

Fajitas

Ingredients:

¼ cup lime juice
 3 Tbsp olive oil or vegetable oil - divided
 4 cloves garlic - crushed
 3 tsp soy sauce - divided
 1 tsp salt
 ½ tsp liquid smoke
 ½ tsp cayenne pepper
 ¼ tsp black pepper
 1 lb. boned, skinned chicken breasts OR skirt steak
 2 Tbsp water
 ½ tsp lime juice
 1 dash salt
 1 dash black pepper
 1 large Spanish onion - sliced thin
 ½ each medium green, red, and yellow bell pepper - seeded, sliced thin

Directions:

1. Combine ¼ cup lime juice, 2 Tbsp oil, garlic, 2 tsp soy sauce, 1 tsp salt, liquid smoke, cayenne pepper, and ¼ tsp black pepper in a sealable plastic container, add chicken/steak to container, cover, and refrigerate for at least 2 hours, or overnight.
2. Combine water, 1 tsp soy sauce, ½ tsp lime juice, and a dash of salt and pepper; set aside.
3. Grill meat over a medium-high flame for 4-5 minutes per side, or until cooked through.
4. Cut meat into thin strips; set aside and keep warm.
5. In a large skillet over medium-high heat, cook onion and peppers in remaining 1 Tbsp oil until brown; remove from heat; pour reserved liquid mixture over onions and peppers.
6. Toss together meat, onions, and peppers.
7. Can serve with warm tortillas, pico de gallo, cheese, sour cream, and guacamole.

Notes:

Sauteed Kale

Ingredients:

2 bunches kale (2 ½ lbs)
3 Tbsp olive oil
4 cloves garlic, finely chopped
½ tsp salt
½ tsp freshly ground pepper
1 tsp fresh lemon juice

Directions:

1. Rinse kale well in a large bowl of cold water. Drain and cut off the tough stems. Cut leaves into ¼-inch strips. There will be 6 to 8 tightly packed cups.
2. In a well-seasoned wok or large frying pan, heat the olive oil over moderately high heat. Add the garlic and cook, stirring, 30 seconds. Add half of the greens and cook stirring, for about 1 minute, until they begin to wilt. Add the remaining greens and cook, stirring constantly, for 8 to 10 minutes, the greens darken slightly and are fairly tender.
3. Season with the salt, pepper, and lemon juice.

Alterations:

None

Notes:

Smoked Salmon Quiche

C ■■■■ □ U
Stove
Oven
Food Processor

Ingredients:

1 ¾ cups (250 g) Flour
1 cup (250 g) + 2½ Tbsp Butter
Up to 1/3 cup (100 mL) Water
½ cup Finely chopped onion
14 ounces (400 g) Chopped smoked salmon
2 tsp Chopped fresh chives
1 clove Garlic, chopped
2 tsp Chopped fresh basil
5 Eggs
1 cup (250 mL) Milk
1 cup (250 mL) Whipping cream
Pepper

Directions:

1. Combine all pastry ingredients in a food processor.
2. Gather into a ball, cover with plastic wrap and chill 1 hour.
3. Saute onion until shiny in the butter.
4. Stir in salmon, chives, garlic, and basil. Cool.
5. Preheat the oven to 400F.
6. Roll out the dough to fit a 10" tart pan. Prick with a fork.
7. Arrange the salmon mixture in the pre-baked tart shell.
8. Whisk eggs with milk and cream, season with pepper and pour in the tart shell.
9. Bake about 30 minutes at 325F, until puffed and golden.

Alterations:

None

Notes:

Vegetarian Wontons

C ■■■■□ U
Deep Fryer

Makes about 45 - 50 wontons

Ingredients:

- ½ cup Firm tofu, mashed
- 1 Green onion, diced
- 4 Water chestnuts, chopped
- 2 Tbsp Carrot, shredded
- 1 Bok choy leaf, shredded
- 1 Egg, lightly beaten
- ¼ tsp Salt
- Pinch of pepper
- 1 Tbsp Soy sauce
- 1 tsp Granulated sugar
- 2 tsp Ginger, minced
- 1 tsp Sesame oil
- 45 Wonton wrappers, or as needed
- 3 to 4 cups Oil for deep-frying, as needed
- Hoisin sauce or soy sauce for dipping, as needed

Directions:

1. Drain and mash the tofu.
2. Wash and prepare all the vegetables.
3. Lightly beat the egg with the salt and pepper.
4. Combine the mashed tofu and vegetables with the egg and seasonings.
5. Heat the oil for deep-frying while you are wrapping the wontons. The oil should be heated to between 360 and 375 degrees Fahrenheit.
6. To fill the wontons, lay a wrapper in front of you so that it forms a diamond shape. Wet all the edges of the wrapper with water. Place a teaspoon of filling in the middle. Bring the top half of the wrapper over the filling and seal the edges.
7. Deep-fry the wontons until they are golden and crispy (about 2 minutes). Serve with hoisin sauce or soy sauce.

Alterations:

None

Notes:

Second part of dinner.
Whoever thought of mixing flour and some egg was freaking genius.
I find it fit to make it an entire category.
So here they are:

Dinner on Pasta

Chicken Cacciatore

C ■■■□□□ U
Stove

Ingredients:

- 1 lb (500 g) Boneless skinless chicken breasts
- 2 Tbsp (25 mL) Vegetable oil
- 4 cups (1 L) Rotini pasta
- 1 Jar (700 mL) tomato-basil pasta sauce
- ½ tsp (2 mL) Dried Italian herb seasoning
- ¼ tsp (1 mL) Salt
- Pinch Pepper
- 1 Can (10 oz/284 mL) sliced mushrooms, drained and rinsed

Directions:

1. Cut chicken into 1-inch (2.5 cm) cubes. In large saucepan, heat oil over medium-high heat; brown chicken all over
2. Add pasta, pasta sauce, 3 cups (750 mL) water, herb seasoning, salt and pepper; cover and bring to boil. Reduce heat and simmer for 15 minutes or until pasta is tender but firm. Add mushrooms; cook for 5 minutes or until hot.

Alterations:

None

Notes:

Creamy Bacon Carbonara

C ■■■□□□ U
Stove

Ingredients:

2 Eggs
¼ cup Cream
1/3 cup Parmesan
1/6 cup Fresh Parsley
¼ tsp Salt
½ tsp Red pepper flakes (cayenne pepper)
½ lb Bacon
1 small-medium Onion, chopped
3 Mushrooms, sliced
½ lb Pasta

Directions:

1. Beat eggs, cream, parmesan, parsley, salt and red pepper, set aside
2. Fry the bacon, crumble, set aside
3. With 1 - 2 Tbsp bacon grease, saute onion and mushrooms, return bacon to skillet
4. Add egg mixture, stir and cook
5. Mix into the freshly strained (and still warm) cooked pasta

Alterations:

None

Notes:

Egyptian Lentils

Ingredients:

- 1 cup Lentils
- 1 cup Elbow Macaroni
- 2 fresh chili or bell peppers
- 2 Tbsp lime juice
- 1 ½ cup regular rice
- 3 Tbsp oil
- 2 tomatoes chopped
- 1 large onion diced

Directions:

1. Place lentils in a saucepan and cover by 1" more of water. Turn heat to high bring to a boil, turn down heat to simmer, and cook covered for 35 minutes or until tender. Drain and transfer to a large bowl. Set aside.
2. Bring 3 cups of water to a boil, add rice. Turn down to simmer for 20 minutes and fluff up rice with a fork and add to lentils.
3. Boil 2 quarts of water, add elbow macaroni and cook until tender. Add to lentils.
4. In a small skillet add 1 Tbsp of oil and sauté chopped peppers finely for 2 minutes. Add the tomato, ½ cup of water, bring to a boil and simmer for 5 minutes. Add the lime juice. Fold this sauce into the lentils.
5. In another skillet heat 2 Tbsp oil, add onions and sauté until brown. Garnish lentil mixture with the browned onions.

Alterations:

None

Notes:

Fettuccine Alfredo

C ■■■□□□ U
Stove

Ingredients:

- 3 mild Italian sausages, sliced and fried
- 3 tablespoons butter or margarine
- 2 tablespoons all-purpose flour
- 1 cup Evaporated Milk
- ½ cup chicken broth
- 1 cup Parmesan cheese
- 1/8 teaspoon cayenne pepper
- 1 (9-oz) package Fettuccine

Directions:

1. Slice the sausages into pieces, and fry until browned in a skillet. Set aside.
2. Melt butter/margarine in medium saucepan; stir in flour. Gradually add evaporated milk and chicken broth. Cook, stirring constantly, until mixture comes to a boil and thickens. Stir in Parmesan cheese and cayenne pepper until cheese is melted.
3. To prepare pasta, boil water (adding a sprinkle of salt to make it boil faster, and a drop of oil so the pasta won't stick). Add the 2 (9-oz) packages of fettuccine pasta, and let boil until pasta is soft. Drain. Toss with Alfredo sauce and sausage. Season it with black pepper.

Alterations:

Instead of evaporated milk and broth, you can use regular milk and dried chicken bullion.

Notes:

Penne Diana

Makes 4 Servings

Ingredients:

- 1 lb Cooked chicken breast
- 1 red Pepper, chopped
- 3 cloves Garlic (crushed)
- 2 Tbsp Olive oil
- 1 cup Whipping cream
- ¼ cup Parmesan cheese (or more to taste)

Directions:

1. In saucepan fry the red peppers and garlic in the olive oil. Do not drain the oil.
2. Add the chicken, cream and parmesan to the saucepan under low heat, cook until thickened.
3. Serve on penne

Alterations:

None

Notes:

Penne Pasta with Spinach & Bacon

C ■■■□□ U
Stove

This is a quick light meal. Wilted spinach, bacon and tomatoes are tossed with penne pasta. Good for any season and will compliment anything.
Makes 4 servings

Ingredients:

- 1 (12 oz) package penne pasta
- 2 tablespoons olive oil, divided
- 6 slices bacon, chopped
- 2 tablespoons minced garlic
- 1 (14.5 oz) can diced tomatoes
- 1 bunch fresh spinach, rinsed and torn into bite-size pieces

Directions:

1. Bring a large pot of lightly salted water to a boil. Add the penne pasta, and cook until tender, 8 to 10 minutes.
2. Meanwhile, heat 1 tablespoon of olive oil in a skillet over medium heat. Place bacon in the skillet, and cook until browned and crisp. Add garlic, and cook for about 1 minute. Stir in the tomatoes, and cook until heated through.
3. Place the spinach into a colander, and drain the hot pasta over it so it is wilted. Transfer to a large serving bowl, and toss with the remaining olive oil, and the bacon and tomato mixture.

Alterations:

None

Notes:

Presto! Pesto and Chicken

C ■■■□□ U
Stove

Ingredients:

2 Chicken breasts (skinless, boneless), cubed
2 Cloves garlic, finely chopped
1 Tbsp Butter
1 tsp Brown sugar
2-3 Tbsp Pesto
Pepper
2 servings of pasta (Angel Hair works well)
Parmesan cheese (fresh if possible)

Directions:

1. Melt butter in a medium frying pan, then add sugar, garlic, and finally chicken.
2. Cook over medium heat and add a sprinkle of pepper while you're at it.
3. When chicken is done (juice runs clear, not pink, when pierced with a fork) add pesto.
4. Combine with pasta, and sprinkle with parmesan cheese.

Alterations:

None

Notes:

Sausage and Ravioli

C ■■■□□ U
Stove

Ingredients:

1 lb Italian sausage (cut into 1" pieces)
26 oz Jar chunky spaghetti sauce
½ cup Water
¼ tsp Pepper
24 oz Bag frozen Ravioli
½ cup grated Parmesan cheese

Directions:

1. In heavy skillet, slowly cook sausage, turning frequently
2. Drain if necessary
3. Add spaghetti sauce, water, pepper & ravioli
4. Bring mixture to a boil and cook for 5 - 8 minutes

Alterations:

None

Notes:

Speedy Spaghetti with Meat Sauce

C ■■■□□ U
Blender
Stove

Fat Trimmer: In an older version, 1 lb (500 g) regular ground beef would have been browned in oil, and the fat would probably not have been drained off. But if you use a good nonstick pan and lean ground beef and place the meat in the pan before heating, there is no need for oil.
4 servings

Ingredients:

- ½ lb (250 g) Lean ground beef
- 1 Onion, finely chopped
- 1 Clove garlic, minced
- ¾ tsp (4 mL) Each - dried oregano and basil
- 1 Can (28 oz/796 ml) tomatoes
- ½ tsp (2 ml) Granulated sugar
- Pinch Each salt and pepper
- 12 oz (375g) Spaghetti

Directions:

1. In large nonstick skillet over medium heat, cook beef, onion, garlic, oregano and basil, breaking up meat with back of spoon and stirring often, for about 8 minutes
2. or until meat is no longer pink and onion is softened. Skim off any fat.
3. Meanwhile, in food processor or blender, blend tomatoes with juices until almost smooth; add to skillet along with sugar. Simmer, uncovered and stirring often, for
4. about 20 minutes or until desired thickness. Add salt and pepper.
5. Meanwhile, in large pot of boiling salted water, cook spaghetti for 8 to 10 minutes or until tender but firm; drain. Serve topped with sauce

Alterations:

None

Notes:

Tofu and Cashew Chow Mein

C ■■■■ □ U
Wok

Serves 3

Ingredients:

- 10 oz (300g) precooked thick wheat noodles*
- 3 Tbsp Soy sauce
- 2 Tbsp Oyster sauce
- 2 tsp Sesame oil
- 2 Tbsp Water
- 2 Tbsp Peanut oil or other oil suitable for frying
- 6 oz (180g) Firm tofu - cut into cubes
- 1 Carrot, julienned
- 2 cups Small broccoli florets
- 2 Cloves garlic, minced
- 2 tsp Ginger, finely grated
- ½ cup Roasted cashew nuts

Directions:

1. Loosen the precooked noodles by soaking in a bowl of hot water for 2-3 minutes, then drain and set aside.
2. Mix together the soy sauce, oyster sauce, sesame oil and water in a bowl.
3. Heat a wok or large frying pan over a high heat, add the oil and stir-fry the carrot and broccoli for 2 minutes.
4. Add the tofu and stir-fry for 4 minutes.
5. Add the garlic and ginger and stir-fry for a minute.
6. Stir through the noodles and then add the sauce mixture and cashews and mix until thoroughly combined and heated through.

Alterations:

Flaked almonds can replace the cashews.

Notes:

*Precooked thick wheat noodles are typically found in the refrigerated section of the supermarket.

Tuna Casserole

C ■■■□□□ U
Stove
Oven

Ingredients:

- 1 Tbsp Butter or margarine
- ¼ cup Onion (finely chopped)
- 1 can (10oz) Cream of mushroom soup (undiluted)
- 2 cups Cooked noodles
- 1 can Flaked tuna
- ¾ cup Breadcrumbs

Directions:

1. Melt the butter in a medium saucepan, add onions and cook over medium heat or 8-10 minutes, until onions are soft.
2. Stir in remaining ingredients, except for the breadcrumbs.
3. Transfer to a greased casserole dish and top with breadcrumbs.
4. Bake at 350F for 25-30 minutes, until bubbly.

Alterations:

I sometimes sprinkle a little parmesan on just before the breadcrumbs.

Notes:

Veggie Lasagna

C ■■■■□ U

Stove
Oven

This recipe can be completely assembled and baked up to 2 days ahead of time. Cover and store in the refrigerator. To reheat, bake, covered, for about 1 hour or until bubbling. One of the taste judges described it this way: “This lasagna is FANTASTIC! It’s creamy but not heavy. The broccoli adds a wonderful crunch, and the mushrooms and olives a great flavour. 6 Servings

Ingredients:

- 1 Tbsp olive oil
- ½ large onion, chopped
- 3 cups sliced mushrooms
- 2 cloves roasted garlic, minced
- 3 cups broccoli florets, blanched
- ¼ cup sliced black olives
- 1 cup low-fat ricotta cheese
- ½ cup silken tofu
- 2 Tbsp packed soy protein powder
- ¼ tsp oregano
- ¼ tsp basil
- 1 (8 oz) package whole wheat lasagna noodles
- 3 cups tomato sauce
- 12 oz shredded soy mozzarella

Directions:

1. Preheat oven to 350 F.
2. Heat olive oil in a nonstick skillet; add onion and cook until soft, about 5 minutes. Add mushrooms and garlic and cook until mushrooms are soft, about 3 minutes longer. Remove from heat and add broccoli and olives. Mix gently.
3. Combine ricotta cheese, tofu, soy protein powder, and herbs in a medium bowl until blended.
4. Bring 4 quarts water and ½ teaspoon olive oil to a boil. Add lasagna noodles and boil 12 minutes or until tender. Drain and rinse over warm water.
5. Moisten the bottom of a 9X9-inch pan with 2 tablespoons of the tomato sauce. Put down a single layer of noodles. Spread with one-third of the ricotta mix, one-third of the vegetables, 2/3 cup tomato sauce, and one-fourth of the mozzarella. Repeat twice.
6. Cover with remaining noodles, tomato sauce, and mozzarella. Bake in a preheated oven for 45 minutes or until bubbling.

Alterations:

Many changes can be made here, for example hamburger or Italian sausage can be introduced, or can use bell pepper instead of broccoli. I have also used egg with the vegetables and left out the soy protein powder.

Notes:

The 3rd and final part of dinner, featuring rice.
I hear it is the oldest staple crop out there.
Yet, it can be served with almost anything. So here we are:

Dinner on Rice

Baked Chicken with Curry Sauce

C ■■■□□ U
Stove

This is a different and delicious way to serve baked or rotisserie chicken. It's a Dutch recipe. We never have left overs. The prep and cook time does not include the time to bake a chicken. I usually start with a fresh hot rotisserie chicken from the grocery store.
4-6 servings

Ingredients:

- 1 chicken, seasoned with salt and pepper and baked in oven
(or use a cooked store rotisserie chicken)
- 1 onion
- 6 Tbsp butter
- 1 tsp curry powder
- ¼ cup flour
- 2 cups chicken stock (canned broth or bouillon is OK)
- ¼ cup half-and-half cream or milk

Directions:

1. Slice and sauté onion in butter until lightly browned.
2. Add curry powder and flour and stir for a few minutes to absorb the butter and brown a bit.
3. Slowly add stock, stirring constantly to avoid lumps.
4. Simmer for approximately ten minutes or until thickened.
5. Meanwhile cut chicken into serving pieces and arrange on platter.
6. Add cream or milk to the sauce, stir and pour sauce over chicken.
7. Serve with rice.

Alterations:

None

Notes:

Beef & Broccoli

C ■■■■ □ U
Stove

Ingredients:

½ lb Beef (cut into strips)
2 Tbsp Vegetable oil
1 Tbsp minced ginger
2 Cloves garlic, minced
1 cup Sliced carrots
Snow peas
Bean sprouts
1 cup Broccoli pieces
½ cup Beef bouillon
¼ tsp Salt
¼ tsp pepper
1 Tbsp Corn starch
2 Tbsp Water
1 Tbsp Soy sauce

Directions:

1. Heat oil, add beef and stir-fry until meat is browned and push to sides of pan.
2. Add broccoli & carrots. Cover and steam vegetables until they are only slightly crunchy.
3. Remove vegetables to a bowl. Add bouillon, salt & pepper to meat.
4. Combine corn starch, water, and soy sauce. Add to meat to thicken sauce.
5. Add vegetables and heat. Serve over rice.

Alterations:

None

Notes:

Chicken Fried Rice

C ■■■□□ U
Stove

Ingredients:

- 1 Chicken breast, cut up small
- ¼ cup Chopped green onion
- 2 Tbsp finely chopped green pepper
- 2 Tbsp Oil
- 2 cup Rice, cooked in chicken bouillon
- 2 Tbsp soy sauce

Directions:

1. Fry chicken in oil until cooked.
2. Add onion and green pepper, stir until tender, about 3 minutes.
3. Stir in rice and soy sauce.
4. Cook over low heat, stirring frequently, 5-7 minutes

Alterations:

None

Notes:

Curried Lentils

C ■■■□□ U
Stove

Ingredients:

1 cup Brown lentils (dried)
2 ½ cups Water
2 Bouillon cubes
2 tsp Salt (divided)
¼ cup Oil/Margarine
1 Large onion (chopped)
1 Clove garlic (minced)
1 - 2 tsp Curry powder
2 tsp lemon juice
Parsley (chopped)

Directions:

1. Place lentils, water, bouillon, and a teaspoon of salt in a saucepan, bring to a boil.
2. Simmer for 15-20 minutes until lentils are tender (don't overcook as they tend to get mushy)
3. While cooking lentils (close to finished), saute onion and garlic in oil.
4. Add remaining salt and curry powder, and fry briefly. Add to cooked lentils along with lemon juice and parsley.

Alterations:

None

Notes:

Easy Chicken & Rice Casserole

C ■■■□□ U
Stove
Oven

Makes 4 Servings

Ingredients:

- ½ cup Onion, Chopped
- ½ cup Celery, chopped
- 2 Tbsp Butter or margarine
- 2 cups Cooked-bite size chicken
- 1 ¾ cups Hot water
- 2/3 cup Long grain white rice
- 1 - 10 oz can Mushrooms with liquid
- 1 cup Frozen peas and carrots
- 1 tsp Dried thyme and rosemary

Directions:

1. In large fry pan, cook onion and celery in butter until soft.
2. Stir in remaining ingredients.
3. Bake in covered 8-cup (2 L) baking dish in preheated oven for about 30 minutes or until rice is cooked.

Alterations:

None

Notes:

Red Lentil Dahl

C ■■■■□ U
Stove

Ingredients:

3 Tbsp olive oil
1 medium yellow onion
1 Tbsp fresh ginger, grated
4 garlic cloves, minced
1 tsp sea salt
1 cup dried red lentils
4 - 5 cups water
5 plum tomatoes, chopped
juice of 1 lemon
1 cup lightly packed chopped fresh cilantro
dried red chili's or cayenne pepper, to taste
¼ tsp ground cinnamon

Spice Blend:

2 tsp mustard seeds
1 tsp coriander seeds
1 tsp cumin seeds
6 whole cloves
4 cardamom pods
1 Tbsp turmeric

Directions:

1. In a sauté pan over medium heat, toast the seeds for about 5 minutes. Stirring frequently. Be careful not to burn them. Remove from pan and let cool. Transfer to coffee grinder, along with the dried hot peppers and cinnamon, and grind to a powder.
2. Heat oil in a soup pot and sauté onions for 5 minutes.
3. Add garlic and ginger and sauté 5 more minutes.
4. Add spices and salt, sauté 5 minutes more.
5. Add 4 cups of water and stir. Add tomatoes and lentils. Bring to a boil then lower the heat a bit and simmer for 20 minutes.
6. Add the lemon juice and cilantro and more water if it's too thick. Simmer 10 more minutes, or until lentils are completely tender. This may take a while.

Alterations:

Can use 1 - 2 Tbsp curry powder instead of the spice blend. Also, can use moong beans instead of red lentils.

Notes:

Spinach-Rice Casserole

C ■■■■ □ U
Stove
Oven

Makes 4-6 servings

Ingredients:

- 4 cups Cooked brown rice
- 2 lbs Spinach (raw, chopped)
- 1 cup Onion (chopped)
- 2 cloves Garlic (minced)
- 3 Tbsp Butter
- 4 Eggs (beaten)
- 1 cup Milk
- 1 ½ cups Cheddar (grated)
- ¼ cup Parsley (chopped)
- 2 Tbsp Tamari
- ½ tsp Salt (or more, to taste)
- ¼ cup sunflower seeds
- A few dashes each - Nutmeg, cayenne, paprika

Directions:

1. Saute onions and garlic with salt in butter. When onions are soft, add spinach. Cook 2 minutes.
2. Combine with all ingredients except sunflower seeds and paprika.
3. Spread into buttered casserole dish and sprinkle sunflower seeds and paprika on top.
4. Bake, covered, 35 minutes at 350F.

Alterations:

None

Notes:

Sushi

C ■■■□□ U

Stove
Fridge

Ingredients:

- 1 cup of uncooked rice (high quality medium grain white calrose rice)
- 2 cups of water
- 3 Tbsp of rice vinegar
- 3 Tbsp of sugar
- ½ tsp of salt
- ½ package of sushi nori
- soy sauce & wasabi

Filling (any of):

- ½ cucumber (peeled, seeded and sliced into strips)
- 2 Tbsp of thin sliced red ginger in red brine liquid
- 1 egg cooked to thin omelet style
- Carrots, avocado, strawberries, scallions, celery, red or green peppers, etc.
- Boneless raw/canned tuna, shrimp, or imitation crab meat

Directions:

1. Boil water in medium pot, add rice, reduce heat to low, cook for approximately 16 minutes (until water is absorbed)
2. Heat vinegar in a pot slowly adding sugar & stirring. Cool once all sugar is added.
3. Toss the rice with a rice paddle by spreading a thin layer in a wide shallow plastic or wooden cutting board. Do not use any metal because the vinegar reacts with it causing a disturbing taste. Toss with horizontal, cutting strokes. While tossing, slightly sprinkle vinegar dressing over the rice. You may not have to use all the vinegar dressing. Don't add too much or it will get mushy.
4. Lay your bamboo mat with bamboo strips going horizontally from you.
5. Place a sheet of nori on the bamboo mat. Spread rice on 2/3 of the nori closest to you
6. Add the filling, and roll up the sushi, sealing the nori with a little water
7. Using a sharp knife slice the sushi log into 1" rolls. Serve with dipping sauce - soy sauce and wasabi.

Alterations:

Instead of rice vinegar, white vinegar will also work

Notes:

Sweet Garlic Tofu

C ■■■□□□ U
Stove

Ingredients:

½ block Tofu - any kind (although I prefer firm)
¼ cup Brown sugar
2 large Garlic cloves, crushed
Vegetable oil
Salt, pepper

Directions:

1. Pour a ½ inch of oil into a medium-sized pan. Add tofu and fry.
2. Pour out excess oil, then add spices and sugar.
3. Cook until well coated and sugar is beginning to become sticky (if cooked too long, the sugar begins to caramelize).

Alterations:

Instead of serving on rice, you can use ramen noodles.

I sometimes add a little (real) peanut butter with the brown sugar. You can experiment with other seasonings as well.

Notes:

The end of the meal, and close to the end of the book.
Cool down with some of these:

Dessert

Ice Cream Cake

C ■■■□□□ U

Stove
Freezer

Ingredients:

- 2 L box vanilla ice cream
- 6 cups cornflakes (3 cups crushed)
- 1 cup brown sugar
- 1 cup margarine, melted
- 1 small package sweetened coconut

Directions:

1. Melt butter in saucepan, over medium heat. Add brown sugar, and stir until dissolved.
2. Remove from heat, add cornflakes and coconut. Spread ½ cornflake mixture on the bottom of a greased 13 by 9 inch baking dish.
3. Spread the ice cream over the mixture and cover with remaining cornflake mixture.
4. Freeze & enjoy!

Alterations:

None

Notes:

Lefse

C ■■■□□□ U

Stove
Fridge

Ingredients:

8 cups Potatoes (riced or mashed)
½ cup Cream
¼ cup Butter
1 Tbsp Salt
2 cups Flour
¼ cup Sugar
¼ cup Vegetable oil

Directions:

1. Rice or mash hot boiled potatoes.
2. Add all other ingredients except flour.
3. Cool. (Set in fridge several hours or overnight.)
4. Add flour to cooled potato mixture. (Mix in with your hands works best.)
5. Form lefse dough into golf ball size (or larger) portions.
6. Roll out thin.
7. Use flour as needed on rolling pin and pastry cloth.
8. Cook on hot, dry lefse griddle or non-stick pan, cooking once each side.
9. Fill with berries, sprinkled sugar, and yoghurt

Alterations:

None

Notes:

Light Biscuit Shortcake

C ■□□□□ U
Oven

Makes 10 Shortcakes

Ingredients:

1 cup All-purpose flour
1 ¼ tsp Baking powder
½ tsp Salt
4 Tbsp Light butter
½ cup Skim milk

Directions:

1. Sift together flour, baking powder and salt.
2. Combine butter with dry ingredients thoroughly. Then stir in milk.
3. Drop by spoonful onto non-stick baking sheet (or pat dough flat in an 8 inch non-stick cake pan).
4. Bake 10 to 12 minutes in a preheated 425 degree oven. (The top does not brown easily, so check bottom for over burning)
5. Top with strawberries, peaches, etc.

Alterations:

May be baked in muffin tins for baking powder biscuits.

Notes:

Inventory

Bacon

Creamy Bacon Carbonara, 33
Penne Pasta /w Spinach & Bacon, 37

Baguette

Garlic Bread, 13

Baking Powder

Flour Tortillas, 22
Light Biscuit Shortcake, 57

Bean Sprouts

Beef & Broccoli, 46
Chinese Salad, 11

Beans (Kidney)

Chili Con Carne, 25

Beef (Ground)

Chili Con Carne, 25
Speedy Spaghetti with Meat Sauce, 40

Beef (Steak)

Beef & Broccoli, 46
Fajitas, 27

Bell Pepper

Chicken Fried Rice, 47
Egyptian Lentils, 34
Fajitas, 27
Greek Salad, 10
Penne Diana, 36

Bok Choy

Vegetarian Wontons, 30

Broccoli

Beef & Broccoli, 46
Tofu and Cashew Chow Mein, 41
Veggie Lasagna, 43

Carrots

Autumn Soup, 15
Beef & Broccoli, 46
Chinese Salad, 11
Easy Chicken & Rice Casserole, 49
Fish Soup, 16
Potato – Leek Soup, 18
Sushi, 52
Tofu and Cashew Chow Mein, 41
Vegetarian Wontons, 30

Celery

Easy Chicken & Rice Casserole, 49
Ham and Lentil Soup, 17
Potato – Leek Soup, 18

Cheese (Cheddar)

Spinach-Rice Casserole, 51

Cheese (Feta)

Greek Salad, 10

Cheese (Mozzarella)

Veggie Lasagna, 43

Cheese (Parmesan)

Caesar Salad, 12
Creamy Bacon Carbonara, 33
Fettuccine Alfredo, 35
Penne Diana, 36
Presto! Pesto and Chicken, 38
Sausage and Ravioli, 39

Cheese (Ricotta)

Veggie Lasagna, 43

Chicken

Baked Chicken with Curry Sauce, 45
Chicken Cacciatore, 32
Chicken Fried Rice, 47
Easy Chicken & Rice Casserole, 49
Exotic Ginger Cumin Chicken, 26

Inventory

Fajitas, 27	Spinach-Rice Casserole, 51
Penne Diana, 36	Vegetarian Wontons, 30
Presto! Pesto and Chicken, 38	
Chicken Stock	Fish (White)
Baked Chicken with Curry Sauce, 45	Fish Soup, 16
Exotic Ginger Cumin Chicken, 26	Flour
Fettuccine Alfredo, 35	Flour Tortillas, 22
Roasted Garlic Soup, 19	Light Biscuit Shortcake, 57
Chickpeas	Garlic
Hummus, 23	Beef & Broccoli, 46
Coconut	Caesar Salad, 12
Ice Cream Cake, 55	Classic Potato Latkes, 8
Suzie Brooks's Granola, 6	Curried Lentils, 48
Cornflakes	Exotic Ginger Cumin Chicken, 26
Ice Cream Cake, 55	Fish Soup, 16
Corn Starch	Garlic Bread, 13
Vegan Hot and Sour Soup, 20	Greek Salad, 10
Cream	Hummus, 23
Baked Chicken with Curry Sauce, 45	Penne Pasta /w Spinach & Bacon, 37
Lefse, 56	Presto! Pesto and Chicken, 38
Penne Diana, 36	Roasted Garlic Soup, 19
Roasted Garlic Soup, 19	Sauteed Kale, 28
Smoked Salmon Quiche, 29	Smoked Salmon Quiche, 29
Cucumbers	Speedy Spaghetti with Meat Sauce, 40
Greek Salad, 10	Spinach-Rice Casserole, 51
Sushi, 52	Sweet Garlic Tofu, 53
Curry	Tofu and Cashew Chow Mein, 41
Baked Chicken with Curry Sauce, 45	Ginger
Curried Lentils, 48	Exotic Ginger Cumin Chicken, 26
Eggs	Red Lentil Dahl, 50
Classic Potato Latkes, 8	Tofu and Cashew Chow Mein, 41
Creamy Bacon Carbonara, 33	Vegetarian Wontons, 30
Smoked Salmon Quiche, 29	Ham
	Ham and Lentil Soup, 17
	Honey
	Suzie Brooks's Granola, 6

Inventory

Ice Cream

Ice Cream Cake, 55

Kale

Sauteed Kale, 28

Leeks

Potato – Leek Soup, 18

Roasted Garlic Soup, 19

Lemon Juice

Caesar Salad, 12

Curried Lentils, 48

Fish Soup, 16

Humus, 23

Red Lentil Dahl, 50

Roasted Garlic Soup, 19

Lentils

Curried Lentils, 48

Egyptian Lentils, 34

Ham and Lentil Soup, 17

Red Lentil Dahl, 50

Lettuce

Caesar Salad, 12

Chinese Salad, 11

Mushrooms

Creamy Bacon Carbonara, 33

Easy Chicken & Rice Casserole, 49

Vegan Hot and Sour Soup, 20

Oats

Oatmeal, 7

Suzie Brooks's Granola, 6

Onions (Green)

Vegetarian Wontons, 30

Olives

Greek Salad, 10

Veggie Lasagna, 43

Parsley

Creamy Bacon Carbonara, 33

Spinach-Rice Casserole, 51

Pasta Sauce

Chicken Cacciatore, 32

Sausage and Ravioli, 39

Veggie Lasagna, 43

Pesto

Presto! Pesto and Chicken, 38

Peas

Beef & Broccoli, 46

Easy Chicken & Rice Casserole, 49

Potatoes

Autumn Soup, 15

Classic Potato Latkes, 8

Fish Soup, 16

Lefse, 56

Potato – Leek Soup, 18

Raisins

Suzie Brooks's Granola, 6

Ramen Noodles

Chinese Salad, 11

Sweet Garlic Tofu, 53

Salmon (Smoked)

Smoked Salmon Quiche, 29

Sausage (Italian)

Fettuccine Alfredo, 35

Sausage and Ravioli, 39

Sausage Lager

Shortening

Flour Tortillas, 22

Inventory

Spinach

Penne Pasta /w Spinach & Bacon, 37
Spinach-Rice Casserole, 51

Squash

Autumn Soup, 15

Sunflower Seeds

Spinach-Rice Casserole, 51
Suzie Brooks's Granola, 6

Tofu (Firm)

Sweet Garlic Tofu, 53
Tofu and Cashew Chow Mein, 41
Vegan Hot and Sour Soup, 20
Vegetarian Wontons, 30

Tofu (Silken)

Veggie Lasagna, 43

Tomatoes

Chili Con Carne, 25
Egyptian Lentils, 34
Greek Salad, 10
Penne Pasta /w Spinach & Bacon, 37
Red Lentil Dahl, 50
Speedy Spaghetti with Meat Sauce, 40

Tuna

Tuna Casserole, 42
Sushi, 52

Vinegar

Caesar Salad, 12
Chinese Salad, 11
Greek Salad, 10
Sushi, 52
Vegan Hot and Sour Soup, 20

Yogurt

Exotic Ginger Cumin Chicken, 26
Lefse, 56